



Healthy Aging in Neighborhoods of Diversity across the Life Span

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The Healthy Journey

handls.nih.gov
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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES • NATIONAL INSTITUTES OF HEALTH • NATIONAL INSTITUTE ON AGING

THANK YOU FOR PARTICIPATING

By accepting our invitation to participate in the *Healthy Aging in Neighborhoods of Diversity across the Life Span* study you have helped the National Institute on Aging take the first step towards understanding urban health disparities. Our study focuses on health differences in African Americans and whites with a variety of family and individual incomes across Baltimore.

The *Healthy Aging in Neighborhoods of Diversity across the Life Span* (HANDLS) study is successful as a community-based research project because each of you. Thank you for your help in completing the first wave of home visits and medical exams on the HANDLS Medical Research Vehicles. We finished recruitment and the first wave of examinations on March 30, 2009 with 3,724 participants. This met our target for the enrollment. We are grateful to all of our participants who contributed to the success of the first examination.

Many HANDLS participants have told us that they benefited from their examinations, and

that they enjoyed their visit to our research vehicles. Several participants have contacted us to ask about when they can schedule their next examination. Other participants thanked us for helping them navigate through the health-care system to get the care they needed.

Now it is time to begin the HANDLS follow-up examinations. The second wave of data collection began in June 2006 with telephone follow-up calls. If you haven't heard from us, you will soon. If you changed your phone number, please let us know so we can reach you.

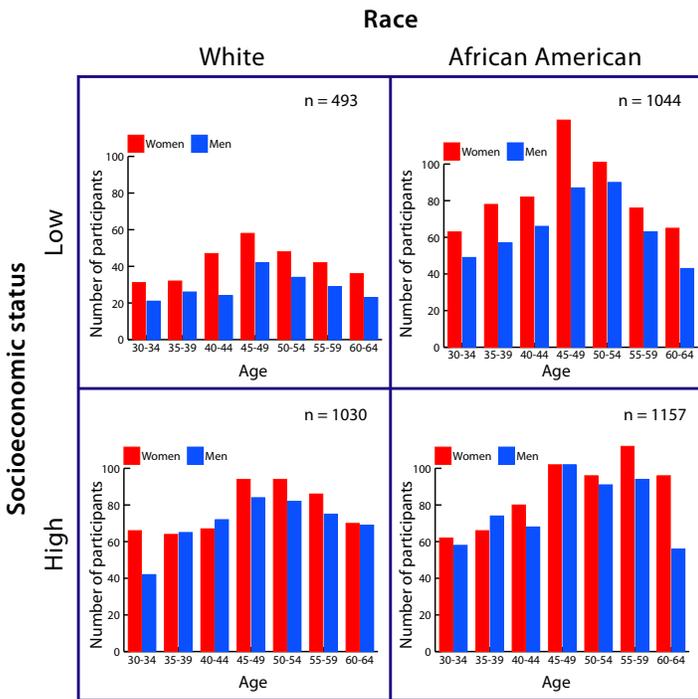
We call the next examination phase of HANDLS Wave 3 because it will be the third time we collect information from our participants. We will begin Wave 3 in July 2009 by examining participants from South Baltimore who we saw last time on Fort Avenue. Our next newsletter will present what we plan to do and the schedule for moving our medical research vehicles near your neighborhood. We will send you a letter notifying you when we plan to park our vehicles in your neighborhood. As always, you are welcome to visit our website (handls.nih.gov) or call us at 1-866-207-8363.



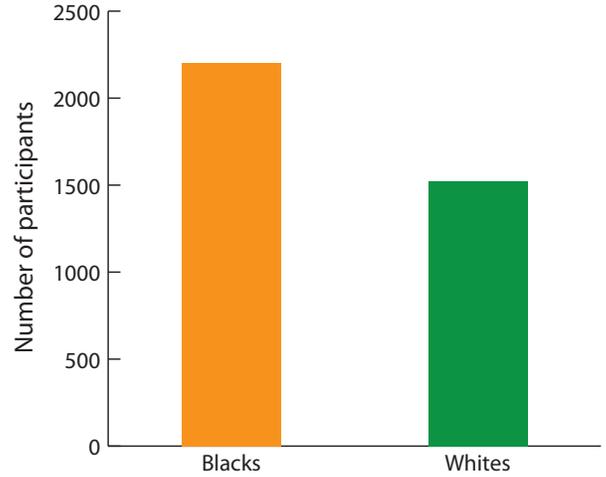
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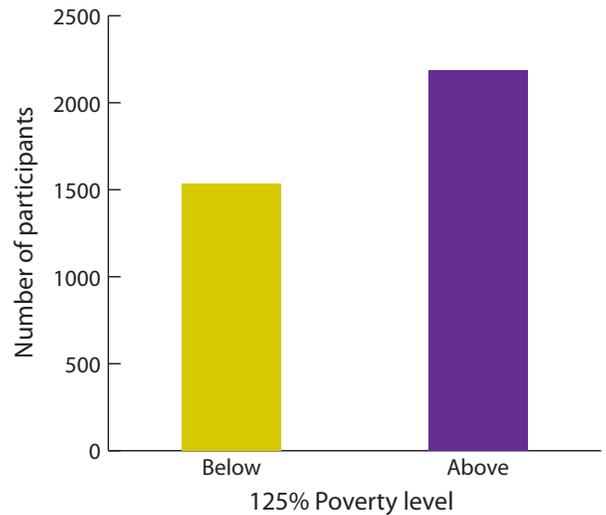
HANDLS PARTICIPANTS



- » 1523 whites (41%)
- » 41% reported household incomes below the 125% poverty delimiter

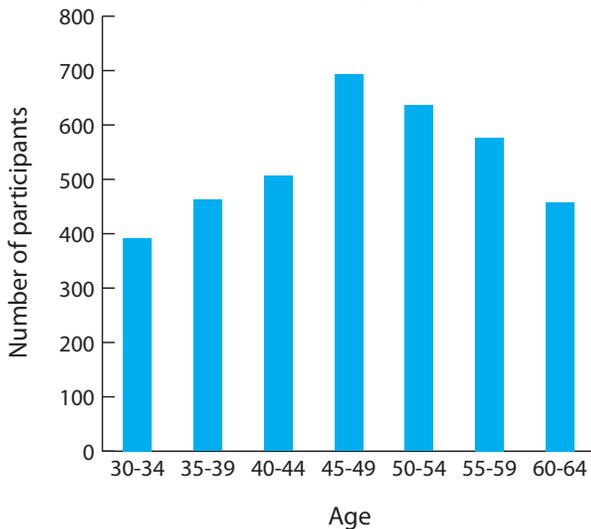


- » HANDLS is now a study that represents segments of Baltimore City’s population above



As a HANDLS participant, you are a member of a large and diverse group of people from Baltimore City. The group of participants we recruited consisted of:

- » 3724 participants with mean age 47.7 years
- » 2201 African Americans (59%)



and below the 125% poverty level.

HANDLS GOALS

As you know, the goals of the study are to:

- » Study how socioeconomic status effects health in African Americans and whites liv-

ing in a city environment

- » Make participating in research easier for everyone by doing the research studies in the community
- » Provide an opportunity through the study for participants to learn about and improve their health

WAVE 3

In your next visit, HANDLS Wave 3 will consist of your first follow-up visit to our mobile medical research vehicles for a health examination and a separate telephone interview that will include a dietary interview and some questionnaires. Because the first wave of the study showed that stroke and brain diseases were present in HANDLS participants and that many participants were interested in learning more about brain diseases and stroke, we will invite a random sample of participants to volunteer for a brain scan study by MRI at the University of Maryland Hospital. Throughout the United States and in Baltimore, kidney disease is a health problem. We will also randomly invite participants to come to NIA’s unit at Harbor Hospital for a study of kidney function.

BENEFITS TO HANDLS PARTICIPANTS

Why should you stay in the study? The HANDLS medical staff provides the one of the most thorough medical evaluations that money can buy but it is **free** to you. We also will still help you with getting through the medical system if you need ongoing medical care at low cost. Knowledge about your health is power. Staying in the study, keeping your appointment is the first step to maintaining or improving your way of life and protecting your family who depend on you.

CHANGE OF ADDRESS

Have you moved? Are you planning to move?

It is important to us that we know exactly how to contact our participants. HANDLS is a longitudinal study. We will examine the same participants approximately every 3 years over the next 20 years.

We would like you to let us know if you have moved or if you are planning on moving soon. You may call us toll-free at 1-866-207-8363 (option 7) and we will take your change of address information over the phone.

If you prefer, you may complete the change of address form and mail it to us at:

HANDLS Study Change of Address
 National Institute on Aging
 5600 Nathan Shock Drive – Mailbox 6
 Baltimore, MD 21224

Our continuing contact with you is the key to the HANDLS study. Thank you so much for taking time to let us know how to stay in touch with you.

HANDLS Change of Address

Name _____

Old address _____

New address _____

Old area code & phone number _____

New area code & phone number _____

MRV location at last visit _____

The Quarterly Newsletter for the HANDLS Community Healthy Aging in Neighborhoods of Diversity across the Life Span

The purpose of this study is to learn about changes in health over time. Using our medical research vehicles, we want to study as many people with different backgrounds as we can. We want this study to help us understand healthy aging by examining the effects of different backgrounds on changes in health over time. The information that we gather will help improve health and prevent disabilities. We want to do this for people from all backgrounds, particularly those in poor and minority communities.

For information about our study call 1-866-207-8363
or visit our website handls.nih.gov



HANDLS
National Institute on Aging
5600 Nathan Shock Drive
Baltimore MD 21224-6825